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# Strawberries & More

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## Facts

- Over 53 percent of seven to nine year olds picked strawberries as their favorite fruit.
- Eight strawberries will provide 140 percent of the recommended daily intake of Vitamin C for kids.
- Native forms of strawberries adapt to various climates and are indigenous to every major continent except Africa, Australia and New Zealand.
- The fruit size of the very early strawberries was very small.
- Seventy per cent of a strawberry's roots are located in the top three inches of soil.
- Strawberries are the first fruit to ripen in the spring.
- One cup of strawberries is only 55 calories.
- There is a museum in Belgium just for strawberries.
- Strawberries are a member of the rose family.
- The flavor of a strawberry is influenced by weather, the variety and stage of ripeness when harvested.
- On average, there are 200 seeds in a strawberry.
- Ninety-four per cent of United States households consume strawberries.
- According to the United States Department of Agriculture, the annual per capita consumption of fresh and frozen strawberries is 4.85 pounds.
- Strawberries are grown in every state in the United States and every province of Canada.
- California produces 75 percent of the nation's strawberry crops. According to the California Strawberry Advisory Board, California strawberries are available January through November, with peak quality and supply from March to May.
- If all the strawberries produced in California in one year were laid berry to berry, they would go around the world 15 times.
- California produces an amazing one billion pounds of strawberries each year.

- Each acre of land in California in strawberry production produces an average of 21 tons of strawberries annually.
- 23,000 acres of strawberries are planted in California each year.
- Lebanon, Oregon's annual strawberry festival is home to the world's largest strawberry shortcake.
- Americans eat 3.4 pounds of fresh strawberries each year plus another 1.8 pounds frozen per capita. Although strawberries are available in many forms—frozen, jam and jelly, and ice cream— nothing compares to the taste of a fresh vine ripened strawberry.
- Strawberries are delicate, requiring gentle handling to prevent bruising. With today's shipping technology, strawberries are available year round, but at a cost. Commercial growers have produced resilient hybrid berries known for their shipping quality.
- Florida is second in production. The Florida season runs from December to May and peaks during March and April. To meet the demand, winter strawberries are usually imported between November and May.

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